



# InShape

## West Valley City Fitness and Recreation Center News

***NEED A LAST MINUTE GIFT IDEA?***

***WANT A GIFT THAT THE WHOLE FAMILY CAN ENJOY?***

***THE WEST VALLEY CITY FAMILY FITNESS CENTER HAS YOU COVERED!***

### **Give The Gift That Lasts All Year!**

No healthy holiday is complete without a gift from us. For less than \$1 per day, your family can get a membership and enjoy all the Family Fitness Center has to offer.

### **Gift Certificates make great stocking stuffers!**

- Memberships
- Swimming Lessons
- Personal Training Sessions
- 10-Pack of Day Passes
- Fitness Class Passes
- And Much More...

### **Membership has its ADVANTAGES...**

- Affordable rates...Family Memberships for less than \$1 per day!
- FREE Member Fun Events
- FREE Childcare (First hour free, \$1.50 each additional hour per child)
  - 2 FREE Fitness Assessment sessions per year
  - 1 FREE 4-week Fitness Class Pass each year
    - FREE Body Composition Testing
    - Members-Only Locker Rentals
  - Discounts on birthday party packages
  - FREE use of rental equipment
- Discounts on programs and special events
- Ask about our RECRUITMENT REWARDS program...Bring a friend!

**The Family Fitness Center also offers kids fitness classes, swimming lessons for all ages, teen summer programs, wellness programs and much more!**

**Other membership options available, call (801) 955-4000 for more information.**



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov](http://www.wvc-ut.gov)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

